

NEWS FROM YOUR PEER LIAISON

December 2016



GWEN TIMMERMAN

IFAPA Peer Liaison

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**I UNDERSTAND...
I AM A FOSTER PARENT TOO**

IFAPA recognizes that foster parents often need the perspective of peers during the foster parenting and adoption experience.

I can provide support and assist you with questions regarding:

- Licensing requirements
- Training needs
- Respite care
- Behavior challenges
- Working with birth families
- Confidentiality issues
- And much more!



www.ifapa.org

Social Media & Internet Safety

How do we keep our kids safe online? What websites are our kids even visiting? What apps are our kids using? Parenting in the age of technology can be challenging. Technology like Internet and social media change the way children communicate. It changes the way they develop relationships with peers. Know what your kids are doing online!

Here is a list of popular social apps kids are using:

- Twitter** – a microblogging app limited to 140 character messages called “tweets”
- Instagram** – social media with 15 second photo and [video sharing](#)
- Snapchat** – messaging app with a time limit before text or picture “disappears”, includes photo filters
- YouTube** – video uploading platform with sharing capability in a “channel”
- Musical.ly** – performance and video sharing of lip synced songs – [some lewd songs](#)
- Live.ly** – a portion of Musical.ly that [allows for live video feed](#)
- WhatsApp** – messaging (text, audio, video and photos) – [uses address book](#)
- GroupMe** – messaging (photos, videos, calendar links) – [risk of adult themes](#)
- YikYak, uChat** – brief, local chats with a claim of anonymity – [bullies, live video, lewd](#)
- Tumblr** – combo of blog and Twitter, streaming scrapbook – [public, easy explicit access](#)
- Kik** – text messaging within the app – [stranger danger, tied to crimes, in-app ads](#)

Technology Tips for Parents:

- Most social media sites have a minimum age of 13.
- Set firm ground rules for use and stick to them.
- Require your child to share usernames and passwords for all social media accounts. Beware of children setting up multiple accounts!
- Frequently check their devices and accounts for inappropriate content.
- Check privacy settings on the apps and Internet browser. Set to the strictest level.
- Frequently check the history on Internet browsers to see what sites have been visited and when.
- Have your child turn in electronics at night/bedtime.
- Monitor your child’s friend list within any social media account. They should only have friends they know.
- Limit screen time.
- Be a good example and teach manners with regards to how and when to use electronics.
- Communicate with children. Teach them to never share personal information online or to agree to meet someone they don’t know.

Be Smart – Build Security – Be Safe

NEWS FROM YOUR IFAPA PEER LIAISON

SUPPORT GROUP INFORMATION:

ALLISON AREA SUPPORT GROUP:

Vineyard Community Church, 319 W Bremer Ave, Waverly

Meets monthly-- 2nd Monday, Meal at 6:00 p.m., Meeting 6:30-7:30 p.m.

Groups meet September-May

Free childcare offered for ages 0-5/Structured activity for ages 6+

Contact Persons: Tammy Faux (319-610-9115 or tammy.faux@wartburg.edu)

Kate Haberman-Foelske (khaberman@monarchtherapyservices.com)

Gwen Timmerman (319-883-3594 or gtimmerman@ifapa.org)

December Meeting: Roundtable discussion & support (No training credit)

BLACK HAWK COUNTY SUPPORT GROUP:

Grace Lutheran Church, 1024 W 8th St, Waterloo

Meets monthly-- 2nd Tuesday, 6:30-8:30 p.m. Groups meet September-May, 2 hours training & free childcare offered

Contact Person: Gwen Timmerman (319-883-3594 or gtimmerman@ifapa.org)

****No meeting in December due to holiday party****

SPECIAL FUNDING AVAILABLE FOR TEENS IN FOSTER CARE

IFAPA has received special money from Chaffee Funds for teens (age 14 and older) in foster care that can only be requested through June 30, 2017. This special grant can be accessed through IFAPA's Friends of Children in Foster Care Program.

These grants will be available for up to \$500 per youth. This funding is for all teens (14 years and older) in a foster care placement including shelter, foster family homes, group care, & supervised apartment living. To apply for this special funding, please complete a [FRIENDS APPLICATION](#).

Clothing Closets that Serve Foster/Adoptive Families

Families Helping Families - Cedar Rapids 3516 Center Point Rd NE Cedar Rapids
319-294-9706 office@fhfia.org

<http://www.familieshelpingfamiliesofiowa.org/programs/clothing-closet/>

Clothing closet hours: Fridays 10-2 pm, Sundays 1-3 pm Items available: clothing (preemie to adult), blankets, diapers, baby equipment, toys, new socks and underwear, prom dresses, back packs and shoes.

KADENS KLOSET LOCATIONS

Kadens Kloset is not a resource being offered because of one's income or economic situation. Kadens Kloset is a way to bless individuals in our communities who are actively participating in caring for the needs of children through foster care and adoption. The Kloset is a free shop for foster and adoptive families. Visit the Kadens Kloset website (<http://www.kadenskloset.com/shop>) to learn more about the items available for at their shops. **Kadens Kloset – Cedar Falls**

Cedar Falls United Church of Christ - 9204 University Ave., Cedar Falls, IA 50613 - (319) 266-9686

Availability Hours: Please email for an appointment. Email:

kristle@beautyamidsttheashes.com

FOR A COMPLETE LIST OF CLOTHING CLOSETS, VISIT THE

WWW.IFAPA.ORG WEBSITE (RESOURCES, FOSTER CARE RESOURCES, ADD'L RESOURCES—CLOTHING CLOSETS)

5 Ways to Reduce Holiday Stress

- 1) Redefine traditions - Often times we continue holiday traditions because that is what we grew up doing. Maybe we want to continue these traditions and maybe we don't. The pull you feel between maintaining tradition and the anticipation of potential difficulties may cause you more stress. Don't be afraid to redefine tradition.
- 2) Be assertive -You know how long your children can tolerate a gathering and what their accommodations may be. Let everyone know, ahead of time, how long you will be staying. Leave when you said you would. Be assertive when asked to "stay just a little longer".
- 3) Accept help - No one says you have to do it all. Holiday decorating, baking, potlucks, gatherings, social events and more can wear you out! If people offer to help, accept it. Don't be afraid to opt out. You don't have to do it all to have happy holidays.
- 4) Don't abandon healthy habits - Get enough sleep. Get exercise. Stress eating will only make you feel tired and irritable. Have healthy snacks and get regular exercise.
- 5) Take a breather - Make time for yourself. Spending 15 minutes alone, without distractions, reduces stress and is refreshing.

